

According to 2020 data, just over [1.7 million](#) adults in Illinois have a form of mental illness. It's not just adults, though, that are impacted. Researchers report that 141,000 Illinois youth experienced a major depressive episode in the past year.

Mental illness can affect personal relationships, work, and school, and the repercussions may also lead to thoughts of suicide or substance abuse. For these reasons, it is critical to talk openly about mental health so that issues can be addressed and treated.

One such topic often overlooked in mental health conversations is Sleep, but evidence shows that sleep and mental health are very connected.

## Sleep and Mental Health

People who experience mental health issues are more likely to develop sleep disorders. [Harvard Health](#) reports that sleep problems are common among those with anxiety, depression, bipolar disorder, or attention deficit hyperactivity disorder (ADHD).

Conversely, sleep deprivation could make you more susceptible to developing psychological disorders.

## Depression

Depression affects people of all ages and walks of life, and it may appear in short episodes or become chronic. There's a widely-held assumption that those with depression rest more, but according to Sleep Advisor, this [mental condition](#) may also cause Insomnia.

## Anxiety

When you have anxiety, you're likely to feel stressed and agitated, which could make it more difficult to sleep well, and not getting enough adequate rest can further exacerbate feelings of anxiety. This creates a cycle in which one symptom fuels the other.

## Emotional Health

How well you sleep the night before is likely to affect your mood the following day. According to [research](#), people who don't get adequate sleep reported a rise in negative moods, including anger, frustration, irritability, and sadness.

## How to Help

May marks Mental Health Awareness Month, which is the perfect time to check in with yourself and those around you to find ways to help.

The positive news is that there are natural ways to improve your mood and reduce the risk of depression and anxiety.

Prioritize getting a great night's rest on a regular basis. You can do this by practicing good sleep habits like maintaining a consistent sleep schedule and establishing a calming bedtime routine for yourself that doesn't involve work or technological devices.

Improving your physical well-being is also essential. Regular exercise and a healthy diet should boost your mood while also keeping you healthier in the long run.

Health experts also suggest [connecting with others](#). In addition to reaching out to friends and family, consider getting involved with your local community. Volunteering is a wonderful opportunity to socialize and make a positive difference, both of which should help you feel better.